

Education on the Importance of Healthy Snacks for Elementary School Children Under the Embassy At Kuala Lumpur, Malaysia

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ABSTRAK

Pola hidup bersih dan sehat (PHBS) merupakan salah satu cara agar masyarakat dapat menjaga kesehatan yang bermutu. Program PHBS memiliki beberapa indikator yang menjadi pedoman dalam penerapan PHBS, salah satunya adalah pemilihan makanan sehat. Kegiatan pengabdian ini merupakan bakti sosial yang melibatkan seluruh warga negara, dengan melibatkan siswa-siswi SD binaan KBRI Kuala Lumpur dan para siswa sangat antusias dalam memberikan dukungannya, terbukti sebagian besar peserta mampu menjawab pertanyaan yang diajukan oleh Tim Pengabdian Masyarakat. Memberikan pemahaman kepada siswa-siswi tentang manfaat pemilihan makanan sehat, cara memilih jajanan yang baik dan benar, serta apa saja ciri-ciri makanan sehat. Pentingnya penyuluhan makanan sehat bagi anak sekolah sebagai langkah awal pencegahan gangguan kesehatan pada anak sekolah.

Kata Kunci : Edukasi, *Jajanan Sehat*, *Anak Sekolah*

ABSTRACT

Clean and healthy lifestyles (PHBS) are a means by which people can maintain quality health. The PHBS program has several indicators that guide the implementation of PHBS, including healthy food choices. Our dedication was a devotional that involved all of the State, with elementary school students Embassy fostered at Kuala Lumpur and the students were very enthusiastic in their support, as evidenced by the fact that most participants were able to answer questions posed by the Community Dedication Team. To make students aware of the benefits of healthy food choices, how to choose snacks wisely and correctly, and what are the characteristics of healthy food. The importance of healthy food education for school children as the first step to prevent health problems in school children.

Keywords: Education, *Healthy food*, *Schoolchild*

1. INTRODUCTION

School children's snacks are one of the things that need to be of concern to the community, especially parents, educators, and school administrators. These snacks are foods and drinks that are prepared and sold by street vendors on the streets or public places that are directly eaten or consumed (Rahmi S, 2018).

Snacks are foods and drinks that have been processed and are ready to be served directly at the place of business or outside the place of business based on orders (PP No. 28 of 2004). These snacks often do not pay attention to the nutritional quality, cleanliness and safety of food ingredients. Not a few problems can arise because children often consume unsafe and non-nutritious foods. Some can cause diseases such as diarrhea and even cancer and can result in failure to achieve adequate nutritional intake (Anggraeni, 2023)

School age according to the WHO (World Health Organization) definition is a group of children aged seven to twelve years, where at this time the balance of children's nutrition needs to be maintained and children are cared for so that children can grow and develop optimally. School-age children are active and independent food consumers in determining the food and drinks they want, both snacks at school and at other vendors (Maryuni, 2024).

In a study conducted by Nguyen, *et al.*, (2021) explained that notification and ease of access to healthy food at school can be an effective step to improve children's health. Easy access to healthy snacks can strengthen the message about healthy food for children so that they get used to this consumption pattern. Children who have good knowledge of snack foods will affect their food intake and even their nutritional status (Romadona, *et al.*, 2021). The results of a study conducted by Suaib, *et al.* (2024) showed that there was a relationship between knowledge about snack foods and students' nutritional status based on the height index according to age (TB/U).

Changing behavior in choosing snack foods is one effort that can be made to improve children's health. One effort that can be made to change behavior is by providing education and knowledge. The education and knowledge referred to can be in the form of nutritional knowledge, perception, and motivation. Health education is one of the efforts that can be done to improve knowledge, attitudes or behavior towards improving health.

2. METHODS

The implementation method in this activity is to provide education to students of Elementary Schools under the Embassy in Kuala Lumpur, Malaysia, which is carried out by showing videos and providing counseling about healthy snacks. This activity was carried out on Thursday, November 6, 2024 and was attended by 20 students.

Number	Time	Community Services	Participant Activities
1	5 minutes	Opening: 1. Greeting 2. Providing an explanation of the purpose and objectives of community service activities	1. Respond to opening greetings 2. Listen and pay attention to the explanation.
2	45 minutes	Implementation: 1. Video screening 2. Material explanation 3. Video screening (ice breaking) 4. Material explanation	1. Watching the video 2. Listening and paying attention to the explanation of the material 3. Participating in ice breaking 4. Listening and paying attention to the explanation of the material
3	5 minutes	Implementation: Questions and answers related to the extension topic	Active in Q&A discussions related to extension topics
4	5 minutes	Closing: 1. Group Photo 2. Giving thanks for the active role of students	1. Take a photo together 2. Answer the closing greeting

3. RESULT AND DISCUSSION

This community service activity with the theme "Healthy Snack Education" which was carried out at the Embassy's Elementary School in Kuala Lumpur, Malaysia aims to provide students with an understanding of healthy snacks. This activity lasted approximately 40 minutes and was carried out in an orderly manner. Counseling was carried out by playing videos related to healthy snacks for school children and explaining the material using power point (PPT) media. At the end of the material explanation, a question and answer session was held with students and prizes were given to those who answered correctly. The students were very enthusiastic about participating in the counseling that was carried out, this can be seen from the fact that most participants were able to answer questions from the community service team which included the benefits of choosing healthy snacks, how to choose healthy snacks properly and correctly, and what are the characteristics of healthy snacks. Material In addition to containing sufficient and balanced nutrients, healthy food must also be safe, namely, free from bacteria, viruses, parasites, or dangerous chemicals. Food is said to be safe if it is unlikely or not at all a source of disease. Snacks are snacks that are easy to find in the surrounding environment. Healthy snacks are snacks that do not contain physical hazards, chemical contamination and biological hazards. Healthy snacks have certain characteristics and do not have a negative impact on human health. The characteristics of healthy snacks are that they do not contain MSG, contain little oil, are cooked thoroughly, contain nutrients, and are hygienic. The benefits of choosing healthy snacks greatly affect children's health. Children who are given pocket money without supervision from parents and teachers at school have the potential to buy snacks carelessly. The benefits of choosing healthy snacks are;

- a. Fulfilling the nutritional needs of children so that they can grow well according to their age.
- b. Healthy snacks can add energy needed by the body in addition to that obtained from the main food for daily activities at school.
- c. Avoiding food poisoning due to stale food. Even snack poisoning can cause death.
- d. Avoiding physical hazards that accidentally enter the food because the seller is not careful, such as stapler contents, glass, hair, gravel and so on.
- e. Avoid the dangers of chemicals that are secretly added to food, such as formalin, pesticides, preservatives, cleaning fluids, and so on.
- f. Avoid the dangers of pathogenic microbes due to sellers who do not maintain cleanliness, such as viruses, bacteria, fungi, and parasites.
- g. Can prevent obesity due to food and drinks that contain a lot of sugar, salt and MSG.
- h. Avoid infectious diseases, such as influenza.
- i. Avoid diarrhea or digestive disorders due to unclean food processing.
- j. Maintain tooth growth that is at its peak by not eating too many sweets outside of meal times.
- k. Healthy snacks, especially from fruits, can maintain healthy skin.
- l. Reduce the risk of heart disease.
- m. Reduce the risk of cancer due to fried foods that use used cooking oil.
- n. Maximize brain function so that children are intelligent.
- o. Make children able to control themselves better. Foods that contain too much sugar can make children hyperactive.

4. CONCLUSION

This health education program can improve students' understanding of healthy snacks at Elementary Schools under the Embassy in Kuala Lumpur, Malaysia after being given education in the form of videos and material explanations. This community service program in the form of healthy snack education is very important to be carried out sustainably by involving Elementary School (SD) educational institutions and health workers to routinely carry out this health education activity every year.

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